

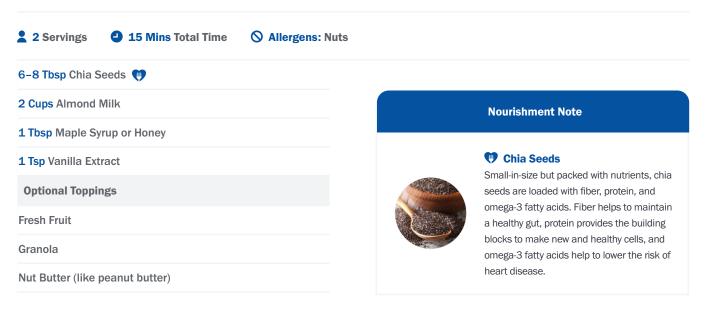
Breakfast

Chia Pudding





Ingredients



Allergen Swap

Nuts Replace the almond milk with cow's milk, soy milk or another nut-free milk.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Mix Ingredients

Mix all ingredients in a bowl.

3. Refrigerate

Refrigerate for 1-2 hours to set. Keeps well in the refrigerator for up to 7 days.

4. Top and Serve

Serve with yummy toppings!

5. Wash Hands

Wash hands with soap and water.

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What You'll Need

Measuring Spoons

Measuring Cup

Bowl with Lid

Breathe Better Food Tip

• Avoid topping with fruit that may contain salicylates, like blueberries, raspberries and strawberries

Recipe adapted from Eating Bird Food